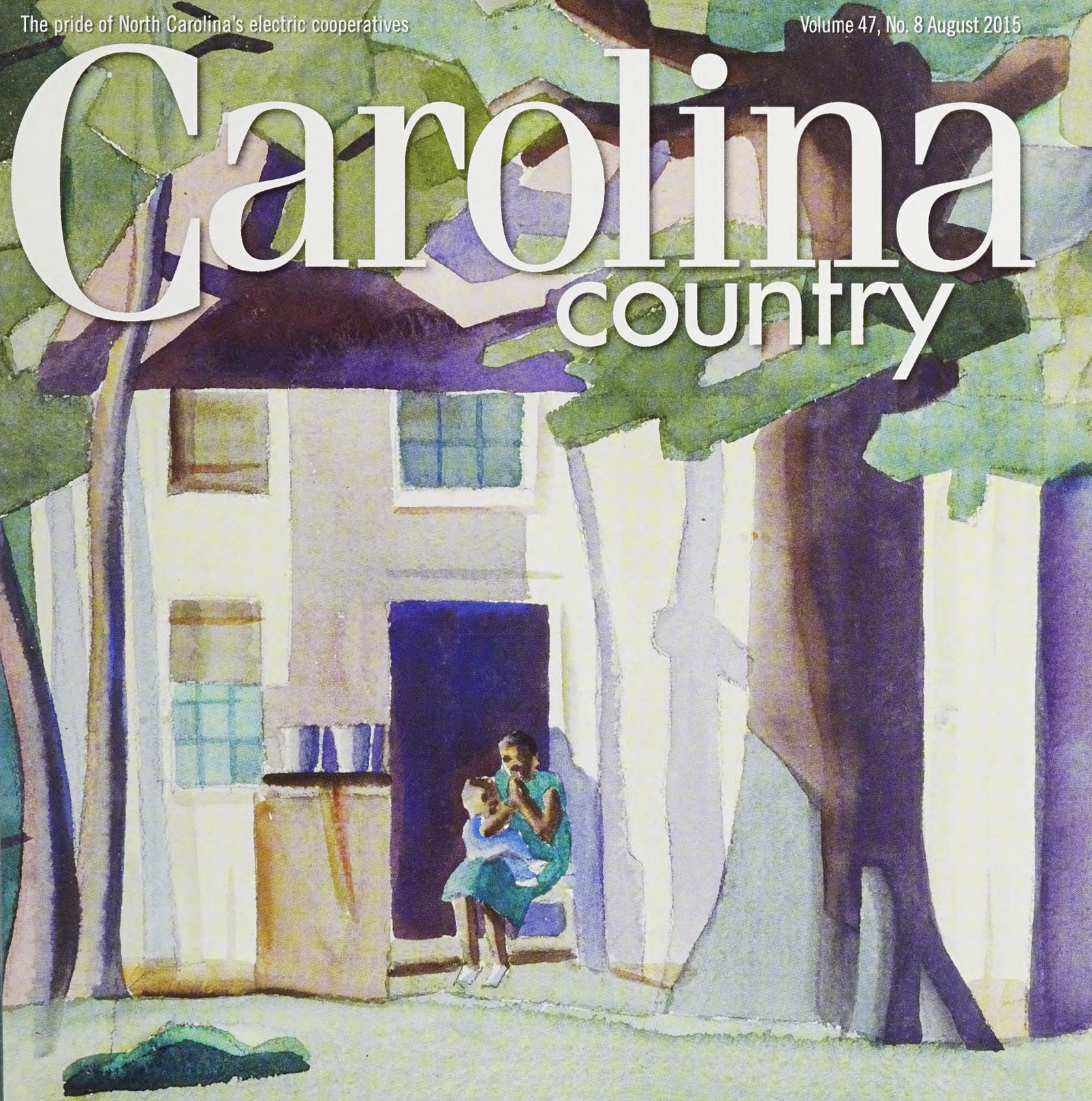
The pride of North Carolina's electric cooperatives

Volume 47, No. 8 August 2015

Carolina country



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INSIDE:

Art in Charlotte

Youth in Washington

Figs on Ocracoke

Need a cool roof?—see page 38

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August 2015
Volume 47, No. 8

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ON THE COVER

A detail from "Sedalia, North Carolina," a 1929 watercolor on paper by Lois M. Jones (American, 1905–1998). The watercolor is part of the exhibit "America the Beautiful: Works on Paper" at the Mint Museum Uptown in Charlotte. See the full painting on page 36.

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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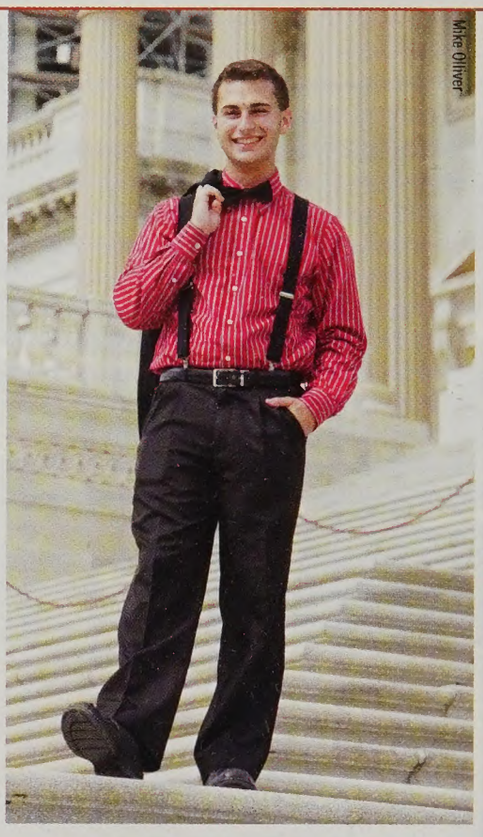
Are we inspired yet?

By Isaac Tuttle


Mike Oliver

"A person's a person, no matter how small," wrote Dr. Seuss in his 1954 book, "Horton Hears a Who!" An elephant named Horton finds a dust speck that has a world of people on it named Whos. The Whos need help protecting their town, Whoville. They realize that because they're so small they must speak together to be heard.

In the end, "a very small shirker" helps to put their voices over the top: "They've proved they ARE persons, no matter how small. And their whole world was saved by the Smallest of ALL!"

No one expects our generation of "small shirkers" to be great. No one expects us to be passionate about anything, to improve our world or even our community. But we have an opportunity to prove them wrong. The question is: *Do we care?*

Dr. Martin Luther King Jr. said, "Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity." People won't care if people don't know. Unless we inform people, we can't expect them to care about what we care about.

Most of us did not care about our local co-op until we found out that we could get a scholarship or a free trip to D.C. But to prepare for this trip, I learned why I should care. Today we all know something about the history of North Carolina's electric cooperatives. We have a new appreciation for them and how they benefit our communities. We are at Step Two of a three-step process.

- **Information:** We know what a co-op is and what it does.
- **Inspiration:** Some of us will care about what co-ops do.
- **Involvement:** Some of us will get involved, if there are opportunities.

Many in our generation have not yet reached Step One. They are not informed.

People won't care if people don't know. Unless we inform people, we can't expect them to care about what we care about.

Social media?

Social media is great for inspiration and involvement, but social media should not be the primary tool for information. The best place for information is school. If co-ops participate in the schools of their area—in fourth grade North Carolina history, middle school social studies, high school American history—some kids would develop an interest. A half-hour lesson on what a co-op is could go a long way.

A cooperative may have an e-mail account, a Facebook page, an Instagram account, but it's not about what accounts they have. Anyone with a smartphone can make an Instagram account. Co-ops should consider social media as just one of many avenues for their messages. Social media alone won't inspire people.

Let's say you go to rent a movie. You see "Avengers: Age of Ultron," "Get Hard," "Mad Max: Fury Road," "Fast 7," "Big Hero 6," "Pitch Perfect 2." Then you spot one called "Whiplash" that

you've never heard of. So you rent "Big Hero 6" for the third time. You don't know that "Whiplash" has won 16 internationally-recognized awards and could be the greatest movie of the year.

Social media has tons of articles, Vines and You Tube videos. You can share every meme, re-Tweet every inspirational quote, like every prom picture except for the ones with your ex-girlfriend and her new boyfriend. When you are on Instagram and it's "Woman Crush Wednesday," and you are trying to figure out who is crushing on who, and if anybody be crushing on you, the last thing you care about seeing is a post from your local co-op. Right?

You don't care, because you don't know. You don't even know what a co-op is, much less how the post might affect you personally. If, however, you are informed about your co-op you might not be so quick to skip right over it. You might even be motivated to get involved.

Horton learned about a need he hadn't known about. He was inspired by the Whos. He could not watch without getting involved. If our cooperative hopes to achieve the same success, particularly with our generation, social media certainly is an important part. But Horton saw beyond the dust speck and saw friends. Co-ops should see that behind every Facebook post, Tweet or Instagram picture is a real person who must be informed before getting inspired, and must be inspired before getting involved.

Excerpted from Isaac Tuttle's remarks to North Carolina's delegates on this year's Youth Tour to Washington in his bid to be elected their representative to the national Youth Leadership Council. A representative of Blue Ridge Electric on the tour, he will be a senior at Hibriten High School in Caldwell County.

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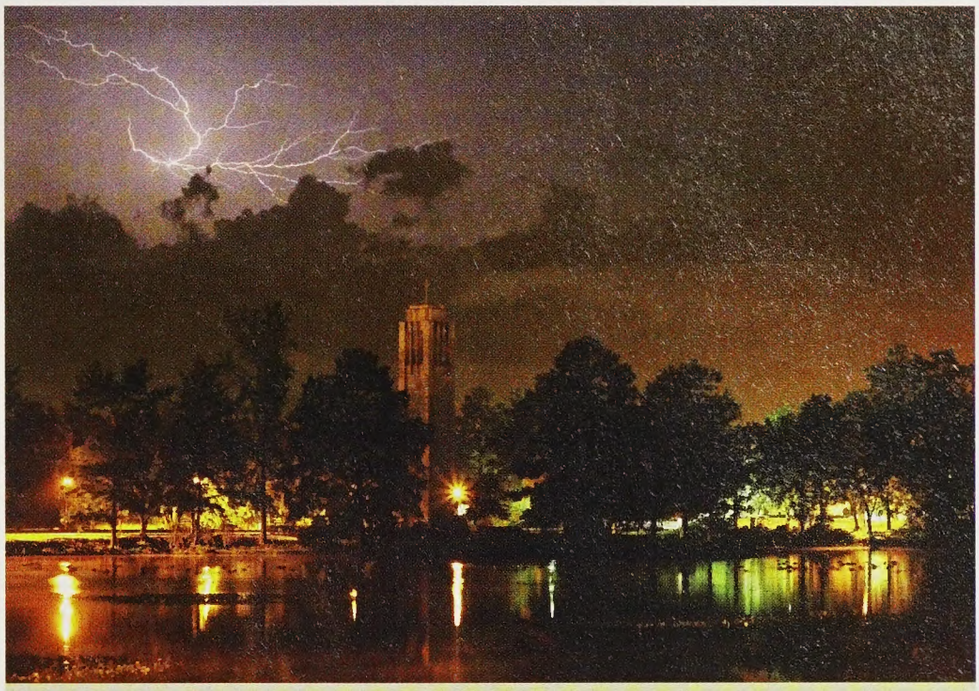

Lightning over St. Andrews

This is a photo that I took on June 25 during one of the many storms that we had been having here. This was on the campus of St. Andrews University in Laurinburg.

Glenn Poplin

The Speaks float

At the 42nd annual Mountain Park 4th of July parade in Surry County, Lee Von "Toby" Speaks of Speaks Farms [board president at Surry-Yadkin EMC] drove his 1945 John Deere model LA tractor while his two granddaughters, Anslee Prevette (left) and Sophie Welborn, throw candy to parade watchers. The photo is by Toby Groce.

Eric Welborn, Traphill, Surry-Yadkin EMC

Jumping the gun

The exhibit by renowned glass artist Dale Chihuly, "Chihuly Venetians," publicized in the "Compass" section of July's magazine is scheduled to be on view in the Emma Holt White House in Graham in 2016, not this year. We apologize for any inconvenience.

Thank a farmer

This a picture of my husband, Jimmy Toler. He is a hard-working farmer. I brought dinner out to him and his sidekick Layla. The two are attached at the hip. The long hours he works are hard on both of us, but I know it's for the greater good. Thank a farmer!

Ashley Toler, Aycock Brothers Farm Fremont, Tri-County EMC

This is Cheryl and me back when she graduated from UNC-Chapel Hill.

The warmth of a sister's love

By Derek Triplett

There is a line in the song "Hero," by Bette Midler, that says, "It must've been cold standing there in my shadow." When I hear those words I think of my sister, Cheryl. Not because I'm her older brother and not because of parental favoritism between us. It is because of what happened to place her there in the shadow.

Growing up, my sister and I had the typical arguments between siblings. When I was a senior in high school and she was a freshman all that changed: I was now her chauffeur to school. I do not really recall any specific conversations during the 20-minute ride each day, but that is when my love for my sister began to grow. There were great times just talking as brother and sister without any influence of friends or parents. From that year onward our relationship grew very close.

In April of her junior year, I was in a car accident and suffered a spinal cord injury which left me paralyzed from the chest down. That is when Cheryl began to stand in my shadow. Not because of her choice, but because of the care I needed. When Cheryl was picking out a dress for the prom, our mom was at the hospital. Instead of coming by our house with her date for prom pictures, Cheryl had pictures made outside the ICU. It was not a problem for her, she just made sure I could be included in her life.

From the ICU, I was transferred to a spinal cord center in Atlanta for the summer of that year, the summer before Cheryl's senior year in high school. Instead of making the typical preparations leading up to her senior year, she made trips back and forth between our home in North Carolina and Atlanta. Much of the college search and preparation fell to her without a great deal of involvement from our family, because they were busy preparing our home for my return and dealing with hospitals.

Cheryl never showed any frustration; she just continually moved forward. When she graduated as valedictorian, she had been accepted to the nursing program at UNC-Chapel Hill.

This past April was the 18th year since my accident, and my sister and I are still very close. Cheryl is now married and has three wonderful children. I also was married eight years ago, and it is wonderful for our families to experience the love between my sister and me that started during our car rides to school. She may have been cold in the shadow, but she thrived with the strength of God by her side.

Derek Triplett lives in Granite Falls, Caldwell County, and is a member of Blue Ridge Electric.

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Lost power is restored sooner

From the mountains to the beach and in between, North Carolina's electric cooperatives serve some of the most rugged, remote terrain in the state, covering areas in 93 of the state's 100 counties. Over the years, co-op personnel have employed state-of-the-art power restoration methods to bring back your electric power after an outage. With today's technology for detecting faults on lines, reaching the site, and deploying line trucks and linemen, co-ops are restoring power even faster.

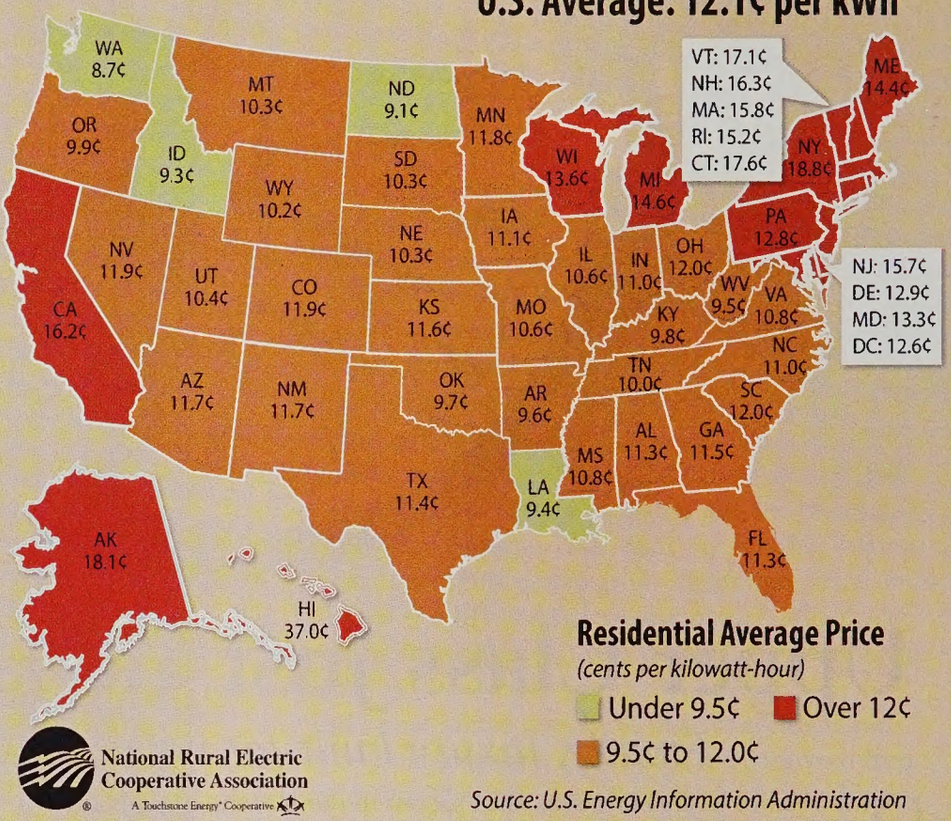
Across the U.S., electric co-ops have reduced the average time without power their members experience from 142 minutes in 2011 to 105 minutes in 2013—a 26 percent decline.

Restoring power is a difficult job and must be done safely and strategically. When the lights go out, North Carolina's electric co-ops must first assess all damage. Power is always safely restored to the greatest number of members in the shortest amount of time possible.

See a video on the steps to restoring power on carolinacountry.com

Average Prices for Residential Electricity

2015 figures, in cents per kWh



Source: U.S. Energy Information Administration
Numbers rounded to nearest tenth of a cent
Updated May 2015

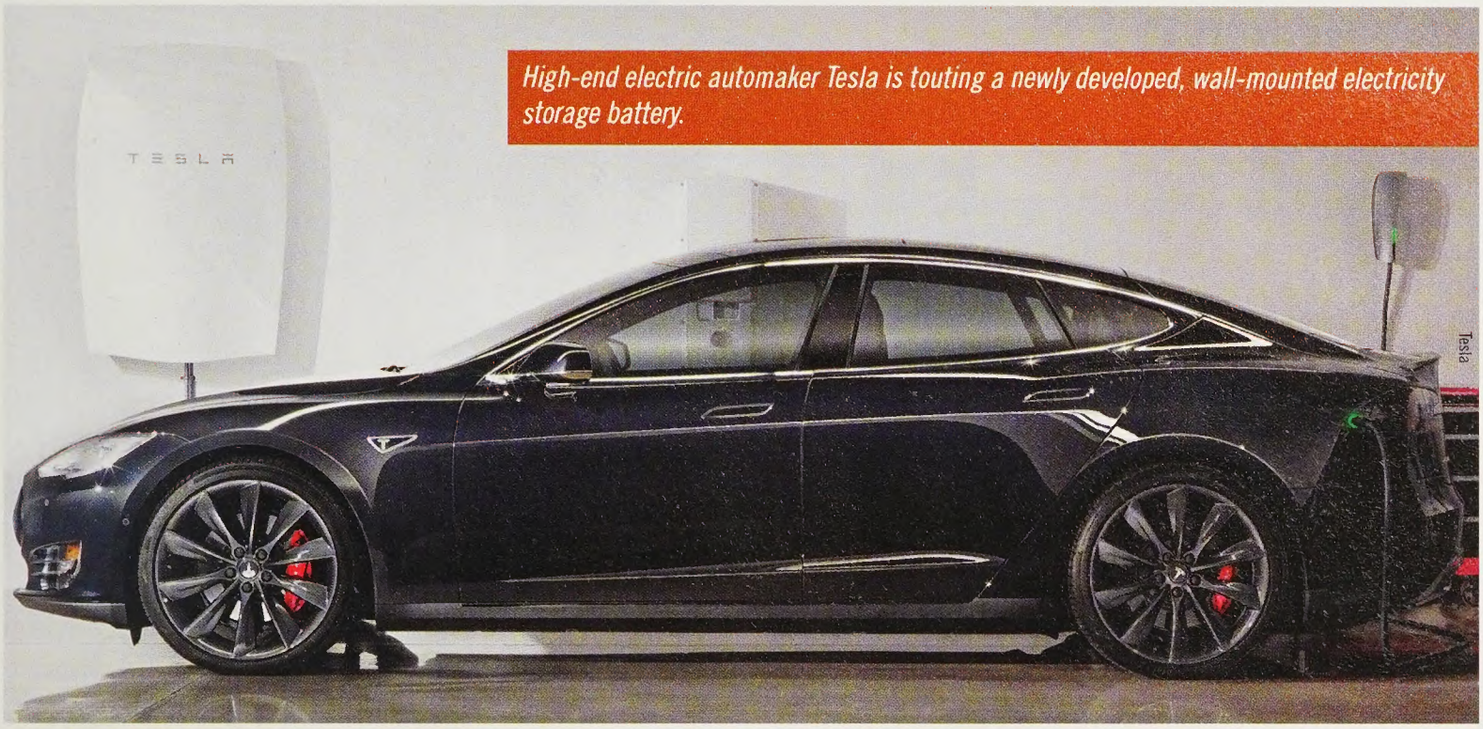
The Pulse jump rope in motion generates electricity that can charge your cell phone.

It's kinetic!

In physics, kinetic energy is produced by an object in motion, while potential energy is an object's energy not yet released (imagine a set-to-go mousetrap).

- A revolving door at a café in The Netherlands runs a generator that supplies power to an adjoining train station.
- The Soccket soccer ball at Uncharted Play generates electricity when it is kicked around. The power can be used to light a 3-LED lamp that runs for up to three hours after 20 minutes or so of soccer. Uncharted Play also has a portable battery-charging jump rope. If your phone, say, runs out of juice while you're on the go, get a charge from the The Pulse. Use it as a jump rope and it renews its charge. See a video on how it works at carolinacountry.com.
- Pavegen produces floor tiles that make electricity when people walk on them. They contain small LEDs that light up to show they are working. Some of the uses are for advertising displays, street lighting and directional lighting.
- KinergyPower employs road "carpets," train rails and roadway speed bumps to turn vehicle motion into electricity. See a demo at carolinacountry.com.

—Source: earthtalk.org



High-end electric automaker Tesla is touting a newly developed, wall-mounted electricity storage battery.

Tesla

Batteries for storing electric energy

Tesla Motors, designer and builder of high-end electric cars, recently reported its development of batteries that can store electric energy for later use. The idea is that a place with a solar electric installation could store energy generated but not immediately used. The batteries could also be interconnected with the local utility grid, and they could be used for standby power during an outage.

Called Powerwall, it's a rechargeable lithium-ion battery that mounts on a wall. Tesla expects to begin making 7-kilowatt-hour and 10-kilowatt-hour batteries for homes, pointing out that people can buy more than one, if needed. Larger units for utilities are also in Tesla's plans.

The National Rural Electric Cooperative Association recently looked into the Tesla batteries and concluded that "the systems appear to be a significant step forward for the home and business battery market. The 10-kwh-DC and 7-kh-DC Powerwall batteries are technically intriguing, particularly the thin form factor and much higher-than-typical battery voltage, which offers increased efficiencies."

The proposed pricing was lower than expected, said NRECA. Reported prices for the residential batteries: $3,500 for the 10-kwh and $3,000 for the 7-kwh, not including installation and additional equipment that is required. They have a 10-year warranty.

Skeptics said the systems have limited applicability and noted they are far more expensive than standby residential generators.

A foundation flood vent.

To seal or not to seal?

The July Carolina Country magazine the carried an article in which the author recommended sealing the crawl space underneath houses as a way to avoid moisture and heat loss or gain. ["Try This!"] He noted that houses that are dry underneath year-round are candidates for sealed crawl spaces.

Houses located in a federally designated Special Flood Hazard Area, however, are required for insurance purposes to have flood vents on their foundation or crawl space walls. The vents let flood water pass through in order to relieve pressure on walls. Low-lying areas in the North Carolina coastal area are prone to flooding.

Your local building inspector can help you determine your area's status. Look for these publications:

- "Openings in Foundation Walls and Walls of Enclosures" at the Federal Emergency Management Agency site: fema.com
- "Closed Crawl Spaces: An Introduction for the Southeast" at Advanced Energy: advancedenergy.org

A teacher learns about cooperatives

A visit to substation, a walk through a solar farm, and a ribbon-cutting ceremony at a landfill gas-to-energy site: Leigh Ann Hudson's first week with Edgecombe-Martin County EMC was far from an ordinary day at the office.

Hudson spends the school year as a teacher, but this summer as a Kenan Fellow she devoted five weeks to the business of the cooperative.

The Kenan Fellows Program pairs exceptional K–12 North Carolina educators and local businesses. Kenan Fellows can translate their experience into lesson plans designed to foster understanding of the host business, as well as to reveal how STEM concepts (science, technology, engineering and math) apply in real life.

Monica Speight

As part of her immersion into the electric cooperative business, Leigh Ann Hudson (left), Riverside High School teacher in Martin County, helped a crew from Edgecombe-Martin County EMC run service to a new residence. She's learning from (back to front) Alan Johnson (lineman coordinator), Sammy Clark (lead lineman) and Nick Cannon (first-class lineman).

Leigh Ann Hudson worked side-by-side with linemen, managers, customer service representatives and other co-op staff to learn about the cooperative way of business and trace the path of electricity from generation to a member's home.

ENERGY SECRETARY MONIZ:
Modernize the grid and upgrade infrastructure

At a national energy conference in June, U.S. Secretary of Energy Ernest Moniz said the U.S. needs to modernize the electric grid and replace aging infrastructure as part of an overall energy security policy.

"It is time to take a fresh and comprehensive look at how we define and implement an energy security policy that is based on 21st century energy market changes, challenges and needs," he said.

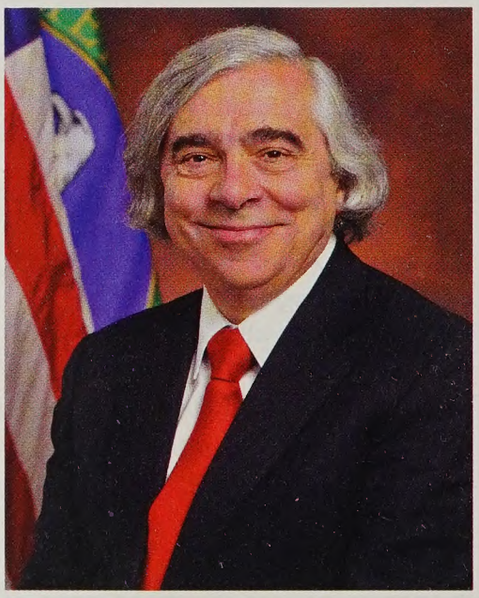
Moniz said people tend to associate U.S. energy security with imported oil from unstable Middle East regimes. But a rash of weather-related events, physical attacks and natural disasters underscore the importance of hardening the grid and replacing aging pipelines, Moniz said.

"Our energy security approach has been pretty formulaic for a long time," he said, calling Hurricane Sandy in 2012 "a two-by-four" in showing how much systems such as communications depend on reliable electric service to function.

In 2005, he added, Hurricanes Katrina and Rita downed 85,000 utility poles, knocked out 800 distribution substations and forced the closure of three major pipelines for two days.

Moniz said several recommendations in the Energy Department's recently released Quadrennial Energy Review could help update the grid and energy infrastructure. Electric cooperative officials participated in the review process. Among them:

- Spending $2.5 billion to $3.5 billion during a 10-year period to accelerate pipeline replacement and enhance maintenance programs for natural gas distribution systems.



- Establishing a $3 billion to $5 billion grant program to promote innovative solutions to hardening transmission and distribution networks and developing new approaches to regional grid resilience.

—Steven Johnson, ect.coop

Try This!

Cool tool

Smart thermostats let you control home temperatures through an app on your phone

By Brian Sloboda

Until recently, few people paid attention to the thermostat. It hung on the wall, waiting for someone to adjust the temperature either up or down. And while the thermostat has been known to be the cause of a few arguments between couples, "sexy" would never be a word to describe them.

Today, a new breed of thermostat is on the market and promises to turn what was once an afterthought into a powerful tool that can save energy and make your home more comfortable.

One of the major energy savings advances in thermostat design was the programmable thermostat. It was a simple concept. You told the device what temperature your home should be during specific spans of time on specific days, and it would handle the rest. Problems arose when reports began to surface that these thermostats did not save energy because people were either too confused by the user interface to actually program them, or people constantly adjusted them and defeated the programming capabilities. Programmable thermostats are still around, and they can still save energy—but only if they are actually programmed.

Now, a new type of thermostat is capturing people's attention—the smart thermostat, also known as the learning thermostat. These thermostats attempt to take the pain out of programming, and they do this by learning your behavior. The key to the smart thermostat is the ability to connect to the Internet. It should be noted that you can use a smart thermostat that doesn't connect to the Internet, but its functionality will be limited.

A well-known smart thermostats is the Nest Learning Thermostat. Developed by former Apple employees, the Nest asks that you use the thermostat as a regular manual thermostat. After a week or so of use, the device remembers preferences and settings.

Ecobee

Besides its remote programming capabilities, the Ecobee smart thermostat doubles as a weather station.

It then begins to automatically adjust heating and air conditioning with a goal to save energy.

Other smart thermostat brands include the Ecobee (in a testing phase at some electric cooperatives), the Honeywell Lyric, and others sold by major HVAC manufacturers. They also have online capabilities.

Since the smart thermostat connects to the Internet, you can control it from your phone via an app—a convenient feature that many consumers enjoy. But the best part about using smart thermostats? You can come home to a temperature that's just right for you and control the system while you're away for extended periods of time.

A smart thermostat can cost between $200 and $400. The amount of energy saved will still depend on how long you are away from home and how much you override the system. In addition to smart thermostats, other home appliances are connecting to the Internet, which may become a critical component of a home for the future. For thermostats, that future is now.

Brian Sloboda is a program manager specializing in energy efficiency for the Business and Technology Strategies group, a service of the National Rural Electric Cooperative Association.

For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM

The cooperative way OF TOURING WASHINGTON, D.C.

In June, 43 North Carolina students joined 1,700 others like them for the 51st annual Electric Cooperative Youth Tour in Washington, D.C. For seven days, high school juniors and seniors from throughout the U.S. forged friendships and gained a better understanding of our government and of electric cooperatives.

Every member of North Carolina's congressional delegation took time to meet with the Youth Tour delegations from their districts. Elected officials also engaged with the cooperatives and students via Twitter, where the hashtag #NCYT15 chronicled the event.

"The Youth Tour is a vital opportunity for youth living in co-op service territory to visit our nation's capital and learn about the importance of electric cooperatives," said Jane Forehand, who coordinated the trip for the North Carolina Association of Electric Cooperatives. "We hope our students return to their co-op communities wiser, with a bit more insight into what makes our nation, our co-ops, and our government tick."

The experience included visits to Arlington National Cemetery's Tomb of the Unknown Soldier, the Lincoln and Jefferson memorials, the Capitol Rotunda, monuments along the National Mall, the National Cathedral, and a night out at a Washington Nationals Major League Baseball game.

The trip was sponsored by 21 of the state's electric cooperatives and included eight adult advisors. Besides forming their own beverage cooperative as part of the week, the North Carolina group elected Isaac Tuttle of Blue Ridge Electric as their representative to the Youth Leadership Council. Tuttle will represent the state at a number of electric cooperative-related events during the coming year (Read his remarks on pages 4–5.).

This year for the first time, Youth Tour students got a peak behind the scenes in the state capital of Raleigh, including visits to the North Carolina Museum of History, the North Carolina Museum of Natural Sciences, the state capitol building, and the state legislature.

U.S. Sen. Richard Burr met with the entire North Carolina delegation on this year's Youth Tour.

See a video about the Youth Tour on our website: carolinacountry.com

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A SECOND HELPING

A Holden Beach volunteer project to redistribute leftover vacation food inspired others up the coast

Text and photos by Hannah Miller

Photos from top: *Lisa Mende directs traffic to the Friends Feeding Friends collection site in Surf City. Bill Hadesty, a retired accountant, does a lot of the weighing at Holden Beach. A Second Helping founder Bill Spier accepts a donation at Holden Beach.*

For more information

Holden Beach: secondhelping.us

Emerald Isle: asecondhelping-emeraldisle.com

Topsail/Surf City: friendsfeedingfriends-topsail.org

See a video of "A Second Helping" on our website: carolinacountry.com

Many beach visitors have been perplexed by the end-of-vacation question: What to do with all the leftover food?

For most, the garbage can is the answer. But that solution disturbed one beach resident so much 10 years ago that he decided to offer an alternative.

"I'm of the generation where it was just a sin to waste food," says Bill Spier, 81, a Holden Beach resident and a member of Brunswick EMC.

So Spier parked himself, his 1990 Nissan pickup, and a food-donation sign where departing vacationers couldn't miss him — in the parking lot of Holden Beach Chapel, less than a block from the Intracoastal Waterway bridge. Now he and friends set up A Second Helping each Saturday in summer, accepting milk, eggs, crackers, bread — all the perishables and nonperishables that nobody wants to haul back to Memphis, or Raleigh, or wherever.

"Bring everything," Spier says. "We can put it to good use somewhere or other."

Over the past decade, that's added up to more than 140,000 pounds of food. Perishables go to Sharon United Methodist Church on the mainland, where they're picked up by recipients or delivered to house-bound residents. "They will be gone by this afternoon," predicted Spier one recent Saturday morning.

Nonperishables go to the food pantry at Brunswick Island Baptist Church on the mainland. Deliveries to the churches are made by Don Downs, a retired U.S. Forest Service employee and Brunswick EMC member from Supply.

Downs has worked with Bill Spier from the beginning, when, he says, "I really didn't recognize the need." But now that he's seen how he can help "elderly people, people that have lost their jobs," he says, "it's been more of a blessing for me."

Spreading up the coast

News of Holden's A Second Helping spread up the coast to Emerald Isle and Topsail/Surf City, where residents began their own versions last summer, collecting more than 6,000 pounds of food.

A Second Helping-Emerald Isle, formed by Carteret-Craven Electric member George B. Gardner and other volunteers, collects at four locations for the food pantry of White Oak Ecumenical Outreach Ministries in Swansboro. One site is beside N.C. 58, where "people would just come by and join us," Gardner says. "It turned into a real community effort." A couple of early-morning locations are in coffee shops because, he says, "A lot of people stop by and get coffee when they leave the island."

T-Shirt brigade

At Topsail/Surf City, the collection sponsored by Emma Anderson Memorial Chapel is Friends Feeding Friends. Volunteers in bright yellow T-shirts spend Saturday mornings near the bridge to the mainland collecting for the food pantry of Faith Harbor United Methodist Church in Surf City.

Though the beach economy may seem to be booming, says co-coordinator Bryant Mende, a Jones-Onslow EMC member, "There are plenty of people down here who have missed the boat." Besides, he says, he remembers childhood beach vacations. "Everybody would fight over NOT taking the food home — 'I don't want this loaf of bread.'"

Something important

Vacationers leaving Holden Beach that recent Saturday seemed universally thankful for Second Helping.

"I know there's such a need, often invisible," said Diane Wykcoff, on her way home to Nashville. As a former school social worker, she referred people to food pantries, she said.

Told that there surely were other ways they could be spending Saturdays at the beach, Bill Spier and friends showed no regrets.

"This is something important," said retired accountant Bill Hardesty.

"I could be baby-sitting right now," joked Larry Blume, a retired police officer. "I'd rather be here."

And for Bill Spier: "I can't think of anything I'd rather do."

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.

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CAROLINA COUNTRY

scenes

Photo of the month

Uncle Ralph

This is my Uncle Ralph sitting on his smokehouse porch shelling peas from his garden. During spring and summer, no matter how hot it is, you can find him in his garden.

Jane Van Hoy, Statesville, EnergyUnited

Join "Photo of the Month" comes from those that scored an honorable mention from the judges in our 2015 photo contest ("Carolina Country Scenes," February 2015). See even more at the Photo of the Week on our website **carolinacountry.com**.

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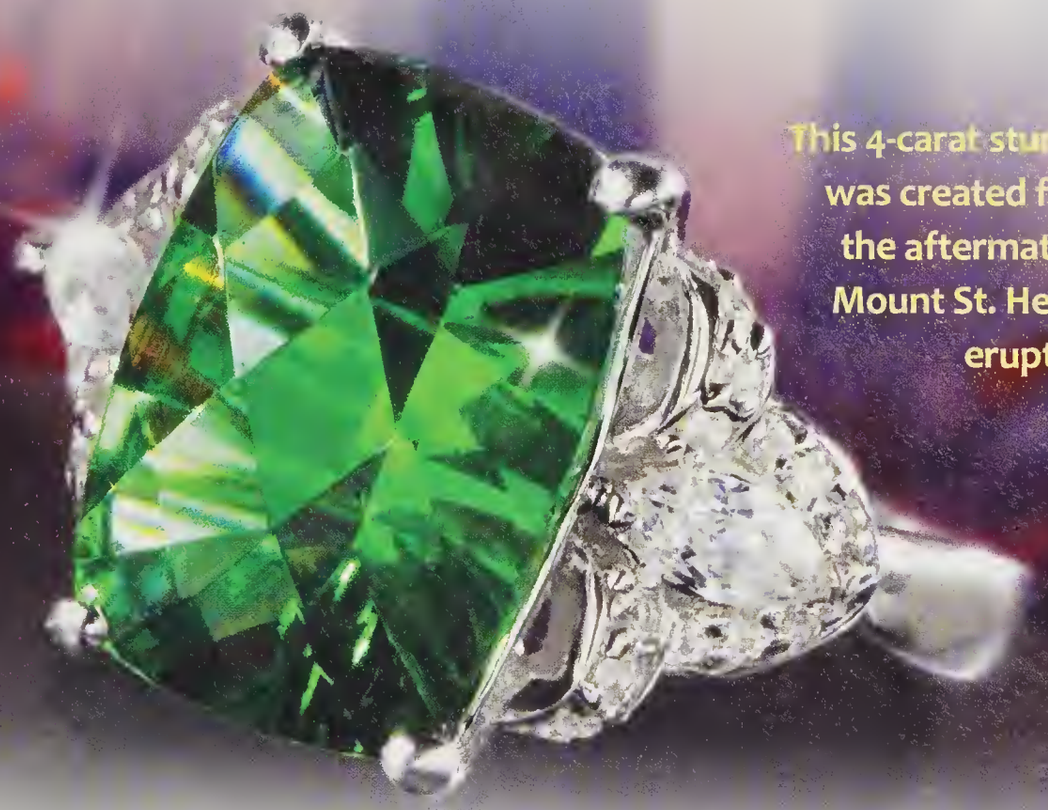

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Ocracoke ♥ Figs

Figs hold a special place in the hearts of Ocracokers

Text & photos by Leah Chester-Davis

Peace, quiet, the Pamlico Sound and fig cake.

A fruit that dates to Biblical times

Fig trees are in the Old Testament description of the Promised Land. Today, they help to define Ocracoke, the Outer Banks island where spirits are refreshed.

Time passes slowly and sometimes stands still on Ocracoke, all for the better in my view. Accessible by ferry, boat or small plane, its 16 miles of beaches are designated as National Seashore, protected from development and amusements that often impair other beaches. This keeps the small village contained at one end of the island where restaurants, small hotels, shops and cottages skirt Silver Lake Harbor. The Tideland Electric cooperative proudly provides electric power and community service to all of Ocracoke.

Nature is the starring attraction on Ocracoke. And when it comes to fruit, figs reign supreme. No doubt, the island has an abundance of seafood, readily available from local waters and the local fish market, and an obvious staple on menus. That seafood, locals say, contributes to the natural environment that makes Ocracoke's figs and fig cakes legendary for islanders and visitors alike.

Figs have thrived for centuries on the island. Originally from western Asia, it's believed that they were brought to Ocracoke by the first English settlers, sometime around 1715. According to Chester Lynn, the go-to resident regarding fig history and lore, they have definitely been on the island at least 200 years as evidenced by a letter written at that time by a local who mentioned fig season. He says the oyster shells and fish bones tossed at the base of the trees supply nutrients and keep the trees thriving. These fruit trees withstand harsh storms and hurricanes, unlike most other fruit trees.

Lynn studies figs and raises them. And he sells hundreds of them at his Annabelle's Antiques, Collectibles and Florist on the Back Road. While the common information available on figs frequently mentions the cultivars 'Celeste' and 'Brown Turkey', talk with islanders about their figs and they mention pound figs and sugar figs most often. Lynn explains that while 'Celeste' grows on Ocracoke and is a good producer, the pound fig and the sugar fig are among the oldest varieties on the island. "While some people call 'Celeste' a sugar fig," says Lynn, "it is not the traditional sugar fig. The old sugar fig is short and fat, and they are like drops of honey."

While Lynn can speak at length about the importance of this fruit to his beloved Ocracoke, he leaves the "putting up" (preserving) and cooking to others. He says it's important to

harvest figs as soon as they are ripe, because they are a delicate fruit that will ruin quickly. On Ocracoke, figs produce in July and August, with a later crop in October, depending on hurricane season.

Fig cake and preserves

No matter who you talk with on the island about its famous fig cake, everyone credits Margaret Garrish as the person who created the now-famous baked good. Chester Lynn says her recipe is used all up and down the Outer Banks.

Gaynelle Tillett, a 79-year-old resident who bakes fig cakes and puts up fig preserves that are sold at Ocracoke Seafood Company, says the story goes that Margaret Garrish was mixing up a cake one day for her family when she discovered she was out of dates, a key ingredient. She decided to substitute fig preserves. Chester Lynn said his best guess is that this was around 1960. Until then, fig preserves had been used as a topping between layers of plain cake. Garrish's addition of the fig preserves to the batter kicked it up a notch when it came to the cake's flavor and moistness.

Darlene Styron, owner of Sweet Tooth and Fig Tree Bakery & Deli, bakes fig cakes for her shop. She describes it "kinda like a spice cake." Both she and Gaynelle Tillett have arranged to pick figs from other people's trees on the island to make the preserves that they use for their cakes.

They all have fond memories of figs. Not only is the fruit important to the island's history, it's interwoven into family memories.

"Mother used to preserve figs, everyone did," explained Tillett. "My grandmother had the prettiest green dish with a ladle and it always had figs in it."

The United Methodist Women's cookbooks have helped spread the recipe island-wide and beyond. The Ocracoke Preservation Society sells the cookbook in the island museum.

Leah Chester-Davis goes to Ocracoke regularly to enjoy fig cake, seafood, beaches and the people who share their stories. Her business, Chester-Davis Communications, specializes in food, farm and lifestyle brands and organizations.

The Ocracoke Fig Festival: August 14

When Margaret Garrish died in 2002, little did she know that her cake-baking ingenuity in 1960 would become culinary lore, helping lead 50-plus years later to the Ocracoke Fig Festival and its Fig Cake Bake-off.

The annual event, this year on Friday, August 14, is designed to preserve the island's history and share it with new generations and newcomers. So far, a couple of members of the older island generation have won the bake-off contest: Annie Lou Gaskins, and for the past two years, Della Gaskill, who has been making fig preserves ever since she was a girl. This reigning Fig Cake Queen loves to share her stories of growing up on Ocracoke (fig stories appear in her book, "A Blessed Life: Growing Up on Ocracoke Island"). Winning the contest two years running came as a surprise to her because, she said, "the recipe has been circulating around." She acknowledged that "each of us does things differently." She doesn't have a secret to the winning recipe, she just loves to cook. And at her shop, Woccocon Gifts on Lighthouse Road, she sells and ships fig cakes and preserves.

The Fig Festival, still in its infancy, is growing and expanding. Sundae Horn, with the Ocracoke Civic and Business Association, says the hope is that local restaurants will offer fig items on their menus—both savory and sweet dishes—during the festival. The event organizers have both traditional and innovative categories, with bakers of all ages joining the fun. Fig cake is available to taste. After the winner is announced, everyone can join in a square dance with music from the local band Molasses Creek. Later in the evening, the Ocracoke Rockers take to the stage.

ocracokevillage.com

The Recipe That Made Ocracoke Island Fig Cake Famous

- 1 cup salad oil
- 1½ cup sugar
- 3 eggs
- 1 teaspoon baking soda, dissolved in a little hot water
- 2 cups flour
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 1 teaspoon cinnamon
- 1 teaspoon salt
- ½ cup buttermilk
- 1 teaspoon vanilla
- 1 cup preserved figs, chopped (chopped dates may be substituted for figs)
- 1 cup chopped nuts

Beat 3 eggs; add sugar and oil. After sifting dry ingredients, add to egg mixture alternately with buttermilk. Add vanilla and fold in figs and nuts. Pour into greased oblong pan and bake at 325 degrees for 45 minutes to 1 hour, or in a well-greased tube or bundt pan at 350 degrees just a little longer.

From the Ocracoke Cook Book ("the yellow cookbook"), published by The United Methodist Women of Ocracoke Island, N.C.
stores.ocracokepreservation.org

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Simple upgrades

Ideas for enhancing your master bedroom closet

So, you would like to make some updates to your home? If you are wondering which projects are worthwhile and which are not, a recent study commissioned by ClosetMaid noted that 45 percent of existing home buyers have made changes to their master bedroom closet since moving in.

In addition, 61 percent of people who bought new homes said they are considering renovating or upgrading their master closet within 18 months. So, when considering where to make investments in your home, don't close the door on the closet! You can create a better one with a few simple tips.

Bring in the bedroom paint

This makes the space feel like a true extension of your bedroom, not a forgotten area that belongs behind closed doors. It also will make a closet feel and look larger.

Great lighting

Good lighting in a closet helps you to see the color of your shoes, clothing and accessories clearly. Why settle for a standard light fixture when you can add a statement piece that not only provides proper light, but proper style. LED lighting costs more upfront, but last longer than CFL bulbs, which means you won't have to get up on a ladder and change bulbs as often.

Utilize more vertical space

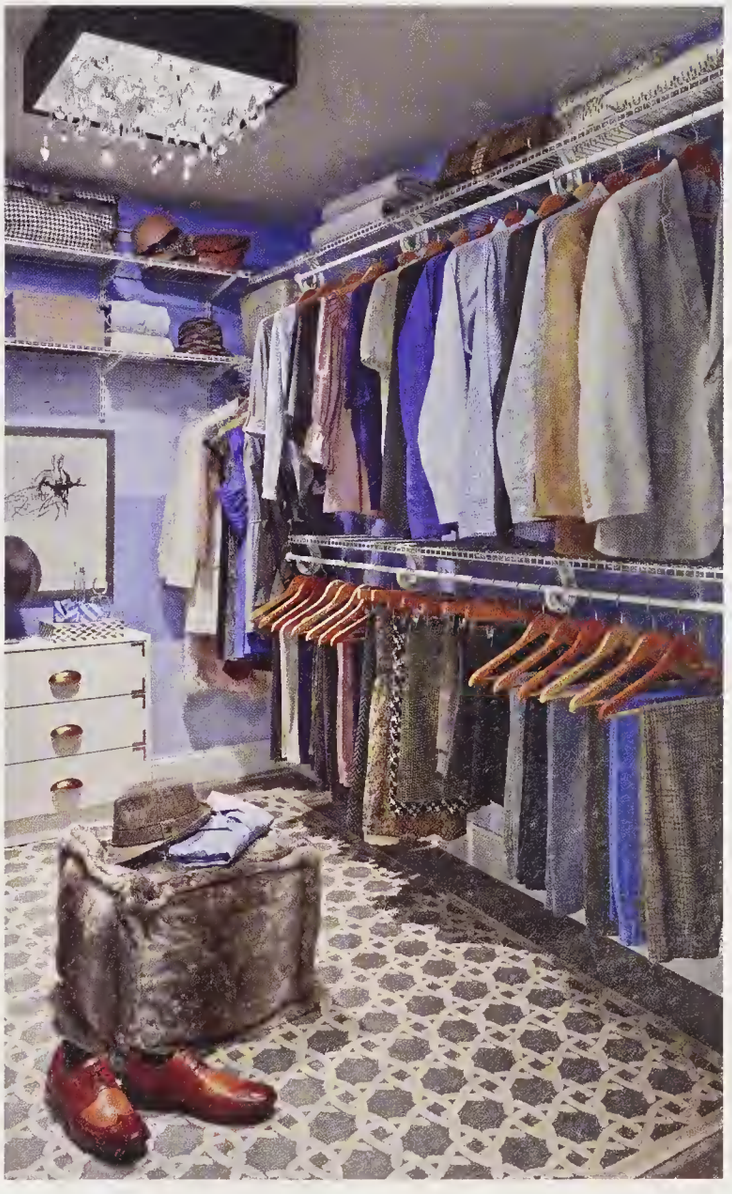
Most master bedroom closets come standard with only a single shelf and rod. Since most closets have little need for so much long-hanging space, professional organizer Lorie Marrero, author of "The Clutter Diet," suggests improving your closet with the addition of double-hang space.

"Don't be shy about adding shelving up as high as you can to accommodate seasonal items and long-term storage boxes – utilize every space you can," said Marrero. A good rule of thumb for double-hang space is 84 inches for the top shelf and 42 inches for the lower shelf.

By adding additional shelves, your storage space goes from standard to functional. Adjustable systems are a flexible upgrade. The wire shelving and brackets can be reconfigured as needs change.

Organizational accessories

If you plan to update your closet with a wire system, there are a multitude of accessories to include such as a tie and belt rack or shoe shelves. You may also consider installing a laminate or wood system. These products can provide drawers, doors and decorative molding.



"Adding drawers into your closet system can centralize your clothing into one space," said Marrero. "The more storage, the better."

Investing in a functional closet organizing system can help you save time now by reducing the stress of finding items when you need them, and benefit you in the future by adding extra value to your home.

—FamilyFeatures.com

Tired of throwing food away?

Here's how to keep it fresher longer

Nearly everyone can relate to the guilt you experience when you throw away expensive but now-rotted food. But did you know that food waste is a major issue that affects the environment, economy and food safety?

Getty Images

According to the Natural Resources Defense Council, American families throw out approximately 25 percent of the food and beverages they buy–roughly $1,500 wasted each year. As for the major causes of this waste, the NRDC points to improper or suboptimal storage, poor visibility in refrigerators, partially used ingredients and misjudged food needs.

There are ways for everyone to address these causes, and many people are already making efforts to do so. According to Glad Food Protection's Fridge to Fork survey, 87 percent of Americans say they are taking steps to preserve their grocery store purchases or are finding ways to prepare them for later consumption.

And in August, with nutritious garden produce in ample supply, proper food protection is essential. Here are ways to keep food fresher longer and properly store it the day you buy it:

Fruit

Whole watermelon should be left at room temperature until ripe, then stored whole and uncovered in the refrigerator. Once cut, store the cut watermelon halves or slices in a zippered plastic bag and refrigerate.

Don't wash berries before storing. Place in a single layer in a shallow bowl or into the bottom of a large food protection container lined with paper towels. Cover with plastic wrap or seal the container tightly.

Veggies

Store whole heads of lettuce loosely wrapped in a zipper bag. Once cut, lettuce should be kept in a zipper bag or container. Add a lightly dampened paper towel to keep lettuce crisp.

If still in the husk, refrigerate corn uncovered. Once the husk has been removed, wrap corn cobs tightly in plastic wrap before refrigerating. Raw or cooked kernels can be stored in food protection containers.

Place fresh whole broccoli heads in a large zipper bag, and poke several holes in the bag to allow ventilation. For cut broccoli, remove woody stems and cut the rest into florets. Soak in lightly salted water to remove dirt, then dry thoroughly. Place into a storage container.

Meat

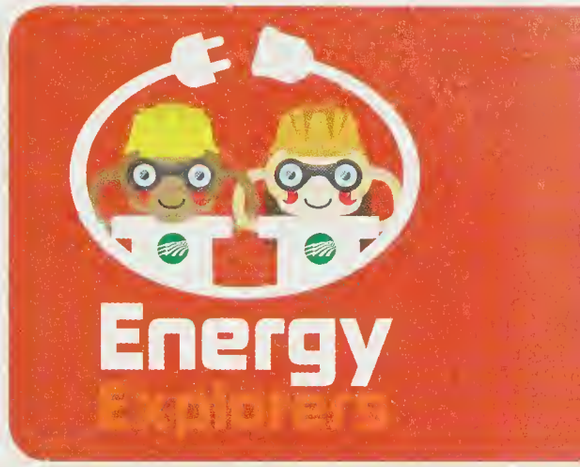
Keep ground beef in its original packaging until ready to use. If you open the package before using the meat, wrap meat or beef patties securely in plastic wrap.

Wrap individual pieces of poultry in plastic wrap and place into a container or zipper bag. To prevent juices from leaking on other food, store poultry on the lowest refrigerator shelf.

Use paper towels to thoroughly remove excess moisture from fish. Place fillets in a container lined with paper towels. If necessary, stack fillets between rows of paper towels. Cover with another paper towel and seal the container. If possible, place the storage container on a bed of crushed ice inside a larger container.

—FamilyFeatures.com

Storm Safety Word Search



Summer is the season for fun in the sun, but this time of year can also bring dangerous storms with lightning, wind and heavy rain. Remember to stay safe!

- If you hear thunder, seek shelter.
- Avoid flooded areas.
- Never go near a downed power line.

Circle all words associated with summer storms. The hidden words appear straight across, backwards, up and down, and diagonally. Use the word bank below as a guide.

WORD BANK

danger	storm cloud
lightning	flooding
shelter	safety
wires	thunder
power line	

Y	A	Y	G	Q	X	N	G	H	C	R	W	Q	S	D
Z	T	U	T	Q	V	R	Q	J	U	S	K	X	R	U
F	D	I	D	E	X	K	V	J	H	J	P	W	S	O
Z	L	E	C	C	F	J	H	E	P	A	S	H	V	L
H	F	O	G	I	O	A	L	L	G	V	E	J	M	C
E	J	T	O	N	R	T	S	N	V	T	R	Q	O	M
P	N	B	A	D	E	T	I	E	Z	H	I	E	D	R
T	T	L	C	R	I	N	C	Y	G	U	W	E	M	O
I	P	W	J	B	T	N	J	E	S	N	S	O	O	T
J	E	D	D	H	X	Z	G	L	L	D	J	G	F	S
O	R	E	G	N	A	D	W	J	E	E	X	N	L	C
A	X	I	O	E	P	V	E	T	B	R	C	L	R	C
T	L	G	C	P	H	Z	J	S	E	V	J	I	W	L
P	O	W	E	R	L	I	N	E	T	R	R	Q	T	H
F	G	G	Y	A	R	U	I	G	D	C	L	W	Q	W

To see the answer key, send an e-mail message with Explorers in the subject line: **editor@carolinacountry.com**

America's Electric Cooperatives

Changing careers

Consider growth prospects when considering new jobs

Some economists predict we are in for another recession in 2015 or 2016. Is your job recession proof?

Getty Images

Of course, while no one can guarantee a "recession-proof" career, there are some that may survive an economic crisis better than others.

If you are thinking of switching to a new job or career, find out whether a career has growth potential, is stagnant or is dying a slow death. For example, according to "NC Today June 2015," a report prepared by the North Carolina Department of Commerce, industries showing job growth in the state from May 2014 to May 2015 included professional and business services, leisure and hospitality services, trade, transportation and utilities, construction, and education and health services.

You can visit the N.C. Department of Commerce's website, nccommerce.com, or the U.S. Bureau of Labor Statistics bureau's website, BLS.gov, to access job growth projections for the next few years. There's no use putting effort into landing a particular job this year if it is likely the position won't exist two or three years down the line.

Of course, while no one can guarantee a "recession-proof" career, there are some that may survive an economic crisis better than others. Even when the economy suffers, people continue to require medical treatment. That and the large population of aging baby boomers, are just two reasons that healthcare is now a $3 trillion industry that continues to grow.

Assessing skillsets

Assess your skills as you consider career options. Typically, transferable skills are soft skills — those dealing with creativity, problem solving, people, communication and leadership, for example.

Hard skills are technical, and they're a little harder to transfer from one career to another. But not impossible, by any means. For example, if you have been doing accounting, that skill would be helpful if you decide to run a business.

Make a list of both types of skillsets that apply to you, and also consider asking friends and family their opinions of what you are good at.

Franchise opportunities

One avenue to consider is franchise jobs or ownership. Franchise job growth is expected to climb at a faster pace than the rest of the economy for the fifth consecutive year, according to "The Franchise Business Economic Outlook: 2015," by the International Franchise Association Educational Foundation and IHS Economics.

From law enforcement to healthcare entrepreneur

You don't have to be an expert in your next chosen field. When Paul Trindel first joined the Greensboro, N.C., Police Department in 2000, his main reason was a desire to protect and serve, to give something back to the local community. He brought this same passion when he later became a successful franchisee — first with an ice cream specialty franchise, Cold Stone Creamery, and then with The Joint, a chiropractic clinic.

Trindel opened his first clinic in Greensboro in December 2012. While it wasn't an instant success, the business has grown. Trindel, a regional developer for The Joint, has been able to use the people skills he acquired as a police officer in his new work. As of late June, he has opened 11 The Joint franchises in North Carolina and more are in development.

So, take stock of your skillsets and do your research. Many skills you take for granted could be valuable assets in your next line of work.

—FamilyFeatures.com

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by August 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our September issue, will receive $25. To see the answer before you get your September magazine, go to "Where Is This?" on our website carolinacountry.com.

July winner

About 250 of you recognized the scene in Warren Kessler's photograph in July's magazine. It shows the Rockin' Elvis outside Willoughbys, a bar and grill on Ocean Hwy. (Hwy. 17) in Leland, Brunswick County, between Magnolia Greens and Brunswick Forest. Kandy Giblin told us it has a great gourmet food truck outside. Shaun Hathaway said it formerly was named JW's, then Billy Goats.

A good many entries came without mailing addresses. The winning entry chosen at random from all correct submissions came from Darlene Anderson of Leland, a member of Brunswick EMC.

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I Remember...

The US made more than 500 such wooden minesweepers to be commissioned in World War II.

Witness to history 70 years ago

So there I was observing my 19th birthday on July 30, 1945, aboard the YMS 276, a 132-foot wooden minesweeper in Buckner Bay, Okinawa, some 350 miles from the southern coast of Japan.

On August 13 we became part of a fleet of US ships conducting a minesweep in the East China Sea, preparing for an invasion of Japan in October. Then, in mid-August, the US dropped atomic bombs on Hiroshima and Nagasaki. Immediately we were recalled to Okinawa, where we were refueled and re-provisioned and got underway for Japan. We rendezvoused with the US 7th fleet commanded by Admiral "Bull" Halsey.

After a few days of inaction, we and 11 other minesweepers and a destroyer escort steamed out for Tokyo Bay. We arrived August 27 and our ship was the ninth to enter the bay. We started minesweeping operations to clear the channel and harbor and completed on August 30 or 31.

Soon, battleships, aircraft carriers, cruisers, destroyers and others from the US, Britain, Australia, New Zealand, Canada and elsewhere arrived and anchored in the bay.

The historic day dawned, September 2, 1945, when on board the USS Missouri the formal declaration of surrender was signed by the Japanese and Allied Governments. Peace at last. And I was there on a day I'll never forget.

Mark Henderson, Franklinton, Wake EMC

Cumberland County cotton mills

There aren't many cotton mills in North Carolina anymore, none in Cumberland County where I grew up. Both of my parents worked in various cotton mills throughout my childhood, and I hold them near and dear to my heart.

I never knew people more generous than those who owned and worked in the mills. I can see my dad backing up his truck to the loading dock of Tolar-Hart in Massey Hill on a winter's day and the mill supervisors loading fruit boxes into the trucks and cars of the mill's employees. They gave my sister and me Christmas stockings as tall as we were, filled with goodies, every year until the mill met financial difficulties.

I remember family picnics at Dixie Yarns on Cumberland Rd., and I hear the whistle blow at Holt-Williamson on Gillespie St. I can't drive by a cotton field without thinking of my parents coming home, their dark hair covered with white cotton lint, their hands marked from working with winders and twisters. They brought home grey cardboard cones with colored tips that we sorted and repacked into colossal-sized boxes to earn extra money.

Holt-Williamson provided a college scholarship to my sister, who was the first in our family to pursue secondary education and to graduate from high school. A few years later they gave me the same scholarship.

Elk Yarns, the last surviving mill in my hometown of Hope Mills, closed June 27, 1997, the day of my mother's funeral, when I was 25 years old.

I am 43 now, but when I pull a cotton t-shirt from the dryer or a pair of jeans from my dad's antique dresser, or when I visit a farmers market and lift from a bushel basket a few locks of newly harvested cotton heated by the sun, I breathe in a million memories as I close my eyes and smile.

Brenda Sue Harrison, Cameron, Central EMC

The Fayetteville Observer-Times ran a picture of my dad, Hoyt Faircloth, mowing the grass at Elk Yarns.

Gratitude for grandparents

God has been good to me. I have an 87-year-old mother whom I cherish dearly, still thriving. After my father passed when I was a freshman in high school, Mom did the best she could to raise five children by herself. Her steadfast and strong nature comes from the wonderful parents she had herself.

My grandparents, Elliott and Myrtle Connelly, instilled in each of their 12 children the importance of serving the Lord and being good to others.

My grandfather worked in the Morganton Tannery. Going there early mornings and returning home in late evening didn't stop him providing food and shelter for his family. And he shared any bounty with children who were married and had moved away. Upon coming home tired and nasty, he put on his overalls and headed straight outside to feed the pigs and chickens, plant or weed the garden, check the smokehouse where meat was kept, or help a neighbor with a chore. During the school year I would try to finish my schoolwork so I could be by his side.

The fall of the year was hog-killing time, and neighbors helped each other prepare. It became my job to take the warm liver from each hog inside to Grandma Myrtle so she could make delicious livermush. I never witnessed the killing of any animal. I stayed in the house. But Grandpa Elliott would drain and wash the liver at the outside spigot and hand it to me, and off I would go to give it to Grandma Myrtle. From these two people I learned the meaning of love and taking care of your family and others.

Loretta Thomas-Whiteside, Morganton, Rutherford EMC

Elliott and Myrtle Connelly.

The wedding gift

My husband and I were married in September 1975. I was 18 and Lynn was 20. As with most young brides-to-be, I relied heavily on bridal showers graciously given by my family and friends. We received many wonderful and useful gifts, and I cherished each one.

My mother's youngest brother is only three years older than I am. In 1975, at age 21, he worked in a furniture factory and had little money for buying his niece a wedding gift. One of the banks in Granite Falls was selling dinnerware at a very reasonable price to their patrons. So each week during the summer of 1975, my uncle would purchase one or two pieces. By September, he had an eight-piece place setting of Summertime Staffordshire dishes, which included dinner plates, cups and saucers. He presented this thoughtful gift to me before my wedding. I used those dishes for many, many years.

Today, three children and six grandchildren later, only three of the dinner plates remain. They are a reminder to me of the love and thoughtfulness of a special family member.

Cathy Hickerson, Hiddenite, EnergyUnited

"Whoa, Jennie!"

We didn't have electricity when I was growing up in the mid-1920s through 1940. We would often visit family and friends, especially on Saturday nights. On one of these nights, we were visiting Dad's cousin and his wife who had a battery-operated radio, which was an enticement to me.

I was sitting in the living room listening to the radio, while everyone else was out on the porch. I listened to a western program for a while, then I decided to join the others on the porch. I got up from the chair, started towards the door when all of a sudden "Whoa, Jennie!" came out over the radio. It frightened me so much I sat back on the chair and started crying. My mom heard me and came to my rescue. It was a long time before I listened to a radio alone again.

Jennie Clark, Troy, Randolph EMC

SEND US YOUR *Memories*

We'll pay **$50** for those we publish in the magazine.

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. Only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative. Also, your phone number or e-mail address in case of questions.
7. **Online:** carolinacountry.com/contact
   E-mail ("Memories" in subject line.): iremember@carolinacountry.com
   Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Up for EDventure?

Looking for a wild experience for your students, scout troop or family? The North Carolina Zoo offers a variety of engaging education programs, to enrich learning about animals, the need for healthy habitats, and actions people can take to help preserve our planet's natural resources.

EDventure programs last 30–45 minutes and cost $50 each. They are designed for a maximum of 30 students or other type of group. Programs include a look at gorillas (kindergarten–fifth grade), chimpanzees, and elephants and rhinos (kindergarten–eighth grade).

The animal programs discuss behavior, communication and much more, with surprises in store. For example, gorillas, the largest of all apes and scary to many, are revealed to be gentle giants, actually one of the most peaceful animals in the tropical forest.

Scheduling

The zoo requires at least two weeks' notice for these programs. For more info or to schedule a program, contact the NC Zoo Education School Programs Office at (336) 879-7715; toll free (800) 488-0444, ext. 7715; or e-mail schoolprograms@nczoo.org (it's best to cc webmaster@nczoo.org).

Learning through strawberries

Teachers and farmers across North Carolina have been using locally grown strawberries to focus students' attention on lessons ranging from math and science to healthy eating and agriculture. Helping them is North Carolina Strawberry Investigations (NCSI), which are lesson plans for grades kindergarten through fifth developed by the North Carolina Strawberry Association (NCSA).

Classrooms plant strawberries in the fall and harvest in the spring, explains NCSI Project Coordinator Debby Wechsler.

For example, this past year second graders at Woodleaf Elementary School in Woodleaf used strawberries to learn about the weather, states of matter and life cycles. Their teacher, Charlena Perrell, discovered that many of her students didn't understand where food comes from, other than the grocery store.

At Audrey Garrett Elementary in Mebane, students enjoyed watching two raised beds of strawberries grow. "The strawberries are good for problem solving, too," said AEG resource teacher Jennifer Tripp, a three-year participant. She explained that her students had to figure out the distance to set netted plants apart for optimal growth.

NCSI includes five to seven lesson plans for each grade level, keyed to the North Carolina curriculum objectives for each grade. They can be accessed online after a simple sign-up procedure. Teachers can choose to follow the year-long curriculum or use individual lessons on specific topics.

THOMAS ROBESON
Colonel in Revolution, member of provincial congresses and state senator. Robeson County is named for him. His home stood ½ mile N.E.

It's the biggest

Quick, what's the largest county by land in North Carolina? Why, it's Robeson coming in at 949 square miles. The county was named after Col. Thomas Robeson, a Revolutionary War hero.

tar heel lessons

a guide to NC for teachers and students

NCSI's resources include stickers and large-format posters that show strawberry production throughout the year. The posters are also used by farmers to educate students who visit during school field trips.

For more info, visit www.ncstrawberry.com/docs/NCSI-Introduction.htm

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60-64	$17.20	$13.30	$28.00	$21.50	$55.00	$42.00	$136.00	$103.50
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By L.A. Jackson

L.A. Jackson

Your grandmother's hollyhocks

If your grandmother was a constant gardener, chances are pretty good she grew hollyhocks (Alcea rosea). An old-fashioned favorite, hollyhocks can be striking, colorful additions to any landscape.

So, why aren't they seen in more gardens these days?

It's probably because a lot of pests and diseases love hollyhocks. Leaf miners, weevils, Japanese beetles, spider mites, sawflies, slugs and other pests stand in line for a chance at these plants, while rust and powdery mildew are constant threats.

And then there is the fact that many hollyhocks are biennial, a weird plant-growing state that not all gardeners understand. A biennial is simply a plant that is started from seed one year and matures the next year.

So why bother growing hollyhocks at all? Well, because they are so darn pretty, and since their spikes of single or double blooms can stretch over 6 feet tall, they can make quite a statement in the landscape. Many bad bugs can be held in check by periodic applications of insecticidal soap sprays or pyrethrins-based pesticides, while rust-resistant varieties and fungicides are available. And if the hollyhocks do become completely overwhelmed with problems, it is usually after their cheerful flower show is on the wane in the summer, so the cure is to simply pull up the plants and toss them away.

Being biennial, hollyhocks are best seeded in our region in the late summer, meaning August is a prime planting time. Plant seeds in a sunny location in soil that is well-worked and heavily amended with organic material. If the planting site is open and exposed to prevailing winds, consider adding stakes now to support the tall hollyhocks-to-be later, or choose cultivars that grow 4 feet or less in height.

Since light helps germination, the seeds only need to be pressed into the soil surface. Spacing should be about 14 to 18 inches apart. Small rosettes will soon form and overwinter in the garden.

Come spring, hollyhocks will rapidly mature, and their growth should be encouraged by applications of diluted liquid fertilizer every two to three weeks. The beautiful flower spikes will soon begin their glorious show, and when these blooms are at their best, you'll know why Granny always saved room for hollyhocks in her garden.

Tip of the Month

Have weeds growing in cracks and crevices of a sunny patio, sidewalk or driveway? Wait until the hottest time of the day and spray the offending plants with vinegar that has a few drops of dishwashing soap added (to help with adhesion to the leaves). This nifty bit of kitchen chemistry quickly withers the foliage and will kill young, tender annual weeds, but additional applications might be necessary to completely eradicate some weeds, particularly persistent perennials with strong root systems such as wiregrass and dandelions.

Garden To Do's

August

- ☐ Even while the harvesting of summer veggies continues, later this month begin planting such cool-season favorites as lettuce, kale, turnips, radishes and spinach.
- ☐ Rake around fruit trees to remove fallen leaves and dropped fruit. This will help break up the life cycles of destructive insects and disease-producing organisms that might overwinter in the leftover plant material.
- ☐ Plant ornamental bulbs now? Sure—not spring-flowering bulbs but rather fall—blooming beauties such as colchicum, sternbergia and autumn-flowering crocus that will put on a show late in the growing season.
- ☐ If you have a fish aquarium, you also have an all-natural source of rich fertilizer, so whenever you change part of the water in the tank, pour it around some of your favorite plants.

September

- ☐ Fresh grass clippings and fall leaves are a great one-two combination of ingredients for creating a compost pile.
- ☐ Before the first frosts cut them down to the ground, mark the locations of herbaceous perennials so they won't be accidentally dug up during next spring's planting frenzy.
- ☐ Strange, cobweb-like tents beginning to show up in your trees? No, they are not tent caterpillars. This time of year is when fall webworms (actually caterpillars) begin to appear. The easiest way to control them is simply to rip apart the tents to expose the webworms to an assortment of eager predators.
- ☐ If you have green tomatoes still on the vine as the first frosts approach, pick them off, wrap each individually in a half-sheet of newspaper and store in a cool, dry area. Check the tomatoes weekly, as they will slowly ripen in storage.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

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State law protects _ _ _ _ _ _ _ _ _
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on North Carolina's shore. Anyone who removes it faces stiff penalties. The plant plays an important part in preventing erosion.

A E O S T means s o l v e

In the early 1940s, Albert Einstein served on the board of directors of B _ _ _ _ _ _ _ _ _ _ _ _ College.
n a u s r b l d m e u c m

A B C I K L N M O T U means u n s c r a m b l e d

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ INLET
m b s a e b b c l r b m m d

gets its name from a man who built a boat up the river of that name in Brunswick County, before he discovered the boat was too large to float into the Atlantic through the inlet.

C D F K L O S W Y means s c r a m b l e d

The Mitchell County Chamber of Commerce is housed with the _ _ _ _ _ _ _ of North Carolina _ _ _ _ _ _ _ _ _ _ on the Blue Ridge Parkway.
b d e c d b b r m c l s a e

A E I L N M R S U means s c r a m b l e d

The original name of U.S. 17, still used in some places is the _ _ _ _ _'_ _ _ _ _ _ _ _ _.
m a b c e r a c r l s d.

A G H I K N W S Y means s c r a m b l e d

For answers, please see page 41

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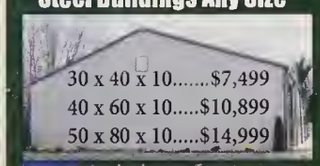

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August Events

You can raft, swim, canoe, kayak or come up with your own mode of transportation to compete at The Crossing. Non-powered vessels and swimmers traverse one mile of open water, and there's also a bridge walk. Halifax EMC is a longtime sponsor. Advance registration is $25. The annual fundraiser is set for Sunday, Aug. 9, at Lake Gaston. (252) 586-5711 or osail.org

Mountains (west of I-77)

Cruise In Car/Bike Show
Aug. 1, Hickory
(828) 201-9760

Studio Tour
Aug. 1, West Jefferson
(336) 846-2787
ashecountyarts.org

Art & Antiques Show
Aug. 1–2, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

The Appalachian Education Of Ruth Edmisten
Watauga Wanderings program
Aug. 7, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Appalachian Jug Band Concert
Instrument demos for all ages
Aug. 8, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Riders In The Sky Concert
Western harmony & humor
Aug. 8–9, Boone
(877) 893-3874
tweetsie.com

Scholars & Scones
Mica Mining in Western N.C.
Aug. 13, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Appalachian Tales With Charlotte Ross
Aug. 15, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Riverview Lions Club Festival & Ouck Race
Aug. 15, Creston
(336) 385-1339
riverviewlions.wordpress.com/duck-race

Arts & Crafts Market
Aug. 15, Dillsboro
(828) 506-8331
visitdillsboro.org

The Artist Who Rejuvenated A Town
Lecture, film about Vollis Simpson
Aug. 20, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Cruso Quilt Show
Aug. 21–22, Canton
(828) 400-7323

Drive For History Golf Tournament
Aug. 22, Sapphire
(828) 884-2347
transylvaniaheritage.org

Designer Showcase
Aug. 22–30, Cashiers
(828) 743-7710
cashiershistoricalsociety.org

After Coal
Film about two mining communities
Aug. 25, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Western Piedmont Symphony Performance
Aug. 27, Sparta
(336) 372-4401

Railroad Heritage Weekend
Aug. 29–30, Boone
(877) 893-3874
tweetsie.com

New Century Saxophone Quartet
Aug. 30, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

ONGOING

Horn In The West
Outdoor drama Tues.–Sun.
Through Aug. 8, Boone
(828) 264-2120
horninthewest.com

Art Walk
First Fridays through Oct. 2, Murphy
(828) 644-0043
valleyriverarts.com

Street Dance
Monday nights through Aug. 10, Hendersonville
(828) 693-9708
historichendersonville.org

Carson House Guided Tours
Wednesday-Saturdays through Nov.
Marion
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215
mcdowellnc.org

Concerts On The Creek
Fridays July 31–Aug. 28, Sylva
(800) 962-1911
mountainlovers.com

Groovin' On The Green
Through Sept. 4, Cashiers
(828) 743-8428
visitcashiersvalley.com

Doodlebug Club
Art program for preschool ages
Through Dec. 31, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Docent Tours
Through Oct. 17, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Pigments Of Your Imagination
Alcohol ink paintings exhibit
Through Sept. 30, Lenoir
(828) 754-2486
caldwellarts.com

Cruise In
Second Sat. through Sept., Dobson
(336) 648-2309

Hickory Ridge Living History Museum
Through Oct. 11, Boone
(828) 264-2120
hickoryridgemuseum.com

Fine Art & Heritage Craft Workshops
Through Nov. 6, West Jefferson
(336) 846-3827
florenceartschool.org

Friday Night Jam Session
Through Nov. 20, Lake Toxaway
(828) 966-4060
toxawaycc.com

Mountain Gateway Music Jam
Most Sundays through Dec. 20
Old Fort
(828) 668-4626
mountaingatewaymuseum.org

Open Art Competition
Aug 8 through Sept. 24, Valdese
(828) 879-2129
visitvaldese.com

Piedmont (between I-77 & I-95)

Shrek, The Musical, Jr.
Aug. 1–2, Roxboro
(336) 597-1709
www.kirbytheater.com

There are more than 200 markets in North Carolina offering fresh produce and more. For one near you, visit **ncfarmfresh.com/farmmarkets.asp**

Art Splash Concert
Michael Cosner & Trinity Three (Country)
Aug. 2, High Point
(336) 885-1859
highpointmuseum.org

Night At The Museum 3
Summer Film Fest
Aug. 5, Roxboro
(336) 598-5050
palacepointe.com

Maxwell Road Endless Yard Sale
Between Hwy 24 and Hwy 421
Aug. 8, Sampson County
(910) 990-0415

Descendants Gathering
Regulators, Militia and the Allen family
Aug. 8, Burlington
(336) 227-4785
nchistoricsites.org/Alamance

Disney Live! Three Classic Fairy Tales
Aug. 8, Fayetteville
(910) 438-4100
crowncomplexnc.com

Mayo Lake Catfish Crawl
Aug. 8, Roxboro
(336) 597-7806
personcounty.net

Fun With Water
Aug. 8, High Point
(336) 885-1859
highpointmuseum.org

Stagecoach–Movie
Aug. 9, Roxboro
(336) 597-1709
www.kirbytheater.com

Army Ground Forces Band Concert
Kid's Night
Aug. 14, Fayetteville
(910) 570-1752
armygroundforcesband.com

Agri-Civic Day
Aug. 15, Albemarle
(704) 986-3666
stanlyciviccenter.com

Washington Street Walking Tour
Aug. 15, High Point
(336) 885-1859
highpointmuseum.org

Airborne Heritage Day
Aug. 15, Fayetteville
(910) 643-2778
asomf.org

Mayberry Nights
Aug. 22, Troy
(704) 985-6987
jbranch205@gmail.com

Powers Of Two
Adult Book Bunch
Aug. 27, Roxboro
(336) 597-7881
personcounty.net

End of Summer Blast Concert
Aug. 28, Fayetteville
(910) 570-1752
armygroundforcesband.com

After 5
Aug. 28, Fayetteville
(910) 323-1934
faydogwoodfestival.com

Alive After 5 Concert
The Pizazz Band
Aug. 28, Roxboro
(336) 322-6018
exploreroxboro.com

Macbeth
August 28–30, Asheboro
(336) 629-0399
rsvptheatre.org

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
facebook.com/clydemaness

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
theartscouncil.org

Young Frankenstein
Musical by Mel Brooks
July 24–Aug. 2, Albemarle
(704) 983-1020
uwharrieplayers.org

Art Pottery: Utility To Unique
Through Aug. 16, Fayetteville
(910) 433-1944

Present Tense
Paintings, blown glass
Aug. 24–Sept. 20, Hillsborough
(919) 732-5001
hillsborough gallery.com

Photography by Lee Farley
Through Aug. 28, Roxboro
(336) 597-1709
www.kirbytheater.com

Stagville: Black & White Exhibit
Through Sept. 13, Fayetteville
(910) 486-1330
ncdcr.gov

Bluegrass Pickin' Shed
Thursday nights
Through Nov. 12, Laurel Hill
(910) 462-3636

Birth Of Funk Exhibit
James Brown, N.C. musicians
Through Feb. 28, 2016, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Coast (east of I-95)

Spare Change Concert
Sunday in the Park series
Aug. 2, Greenville
(252) 329-4567
visitgreenvillenc.com

Lil Pirate Exchange
Large-scale consignment sale
Aug. 7–9, Greenville
(252) 321-7671
lilpirateexchange.com

Crepe Myrtle Festival
Aug. 8, Scotland Neck
(252) 826-3152
townofscotlandneck.com

The Crossing
Aug. 9, Lake Gaston
(252) 586-5711
osail.org

Built For Comfort Band
Sunday in the Park series
Aug. 9, Greenville
(252) 329-4567
visitgreenvillenc.com

Peanut Festival
Aug. 14–15, Fountain
(252) 717-0046
fountainpeanutfestival.net

Pickin' On The Pamlico
Aug. 15, Washington
(252) 623-7065
whda.org

The Pizazz Band
Sunday in the Park series
Aug. 16, Greenville
(252) 329-4567
grpd.info

Under The Lights Car Show
Aug. 22, Leland
(910) 383-0553
nbchamberofcommerce.com

Watermelon Festival
Aug. 27–29, Winterville
(252) 756-1068
watermelonfest.com

ONGOING

Art Walk
First Fridays, Elizabeth City
(252) 335-5330
ecncart.com

Art Walk
First Friday, Greenville
(252) 561-8400
uptowngreenville.com

Ghosts Walking Tour
Through Oct. 31, New Bern
(252) 571-4766
ghostsofnewbern.com

Summer Concerts
Fridays through Sept. 5, Ocean Isle
(252) 923-3971

North Carolina In The Great War
Exhibit on state's contributions
Through Sept. 13, New Bern
(252) 639-3511
tryonpalace.org

Historic District Guided Tours
Second Saturdays
Through October, Murfreesboro
(252) 398-5922

KNOW BEFORE YOU GO
It is possible for dates to change or events to be canceled after Carolina Country goes to press. We encourage you to check for updates through the contact information listed with events.

Listing Deadlines:
For Oct.: Aug. 25
For Nov.: Sept. 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

CAROLINA COUNTRY adventures

▲ *Maurice Prendergast (American, 1858–1924). "Promenade," 1914–1915, watercolor, pastel, and graphite on paper. Gift of The Mint Museum Auxiliary. 1977.2. Collection of The Mint Museum, Charlotte, N.C.*

▲ *Loïs M. Jones (American, 1905–1998). "Sedalia, North Carolina," 1929, watercolor on paper. Promised Gift of Drs. Chris and Marilyn Chapman. PG2009.92.*

Frederic S. Remington (American, 1861–1909). "Buffalo Meat for the Post," circa 1891–1892, ink wash on paper. The Harry and Mary Dalton Collection. 1987.51.3. Collection of The Mint Museum, Charlotte, N.C. ▶

America the Beautiful

A Charlotte exhibition offers a rare, long look at America's art and culture

Paper is a delicate yet enduring medium. It can be destroyed in an instant, or with great care, can be preserved for centuries. The exhibition "America the Beautiful: Works on Paper" at the Mint Museum Uptown in Charlotte has assembled an impressive breadth of works on paper, encompassing more than 150 years of America's history.

Works on paper are extremely light-sensitive and can be on view for brief periods only. The Charlotte exhibition extends a rare chance to view works from some of America's finest artists.

"America the Beautiful," on view now through October 4, features nearly 200 works, including various styles of prints, drawings, watercolors and pastels. They range from quick on-site sketches and highly finished academic drawings to expressionistic portraits and abstracted landscapes. While some have recently been on view in the museum's permanent collection galleries, many others have not been seen for several years, or have only just entered the collection.

"The range of media subject matter is so broad that there truly is something for everyone," said exhibition curator Jonathan Stuhlman.

Many of the works have far-reaching roots, such as art by Mexican-American Diego Rivera, Swiss-American Kurt Seligmann, and Clare Leighton, a British-American.

There are also works by artists with local and regional connections, such as Elliot Daingerfield, who was raised in Fayetteville, and Will Henry Stevens, who summered in the North Carolina mountains. African-American artists featured include Henry Ossawa Tanner, who lived in Highlands, Loïs Mailou Jones (once a prep school instructor in Sedalia) and Romare Bearden, who was born in Charlotte.

In all, the works document the widespread changes that have occurred in American art.

Fees

Visitors pay special exhibition admission fees in addition to general museum admission.

Adults pay $24; college students and seniors $18; children 5–17 $6; children under 5 and museum members are admitted free. Wednesday evenings from 5–9 p.m., when general admission to the museum is free, special exhibition fees are $12 adults or $9 for college students and seniors, and admission is free to everyone under 18.

Information

(704) 337-2000 or mintmuseum.org

Video

See a video about the life and work of Charlotte-born artist Romare Bearden at our website: carolinacountry.com

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By Jim Dulley

Roofing materials

Choices affect costs in keeping a home cool

When you consider color and materials, a black asphalt shingle roof is probably the worst option for a home. The dark color absorbs much of the sun's heat, which makes a home hotter, drives up air-conditioning costs, and hastens the degradation of the shingle material itself.

Black shingles can easily reach 150 degrees Fahrenheit on a hot afternoon. They are heavy, and when this thermal mass gets hot it stores the heat and radiates it down into your home well into the evening.

Shingles and metal options

The two most common roofing materials for homes are shingles and metal. White shingles can be fairly energy efficient and effective for reflecting much of the sun's heat. It takes very little color tint before shingles start to absorb heat, so white is the most efficient option.

Metal roofing can cost twice as much as shingles, but many types have lifetime warranties, and they can reflect the majority of the sun's heat. Aluminum and steel are the two most common and reasonably priced materials. Copper is attractive and durable. It is quite expensive, but the natural aged patina color is beautiful and it absorbs heat well.

Aluminum is a particularly efficient roofing material because the underside surface of the roofing panels is bare. With a low emissivity rating, it does not allow the heat from the hot metal to pass through to the roofing lumber and insulation below. When selecting an aluminum roof, it is important that its contour provides an air gap over the sheathing for its low-emissivity properties to be effective. A simulated clay tile aluminum roof is also very effective with the many air gaps under it.

Two drawbacks to an aluminum roof: you must be careful walking on it and stepping on the high shake's edges so it is not damaged, and, during winter, snow can slide off in large sheets. Snow stops can be glued to the roof, but they may also catch leaves and debris.

Painted steel roofs are available in many colors and simulated contours. The steel is treated with many layers of corrosion-resistant coatings so rust is not a problem.

Steel roofs with an aluminum-alloy coating are particularly durable. Steel is very strong, so there are fewer problems with walking on it.

If you have old, asphalt shingles, they may have to be torn off before new shingles are installed. However, most metal roofs, because of their rigidity, can be installed over existing shingles no matter what their condition. This saves the cost, about $1,000, of tearing off the old shingles.

Whether you choose white shingles or a metal roof with heat-reflecting paint, consider installing an attic ridge vent (a relatively minor expense). Make sure the soffit vents are not blocked by attic insulation. Adequate attic ventilation is needed for both summer and winter energy efficiency.

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

Search for "roofing" at Energy.gov and Energystar.gov

Photos, top to bottom:

A black shingle roof with roof vents.

These three skids of aluminum roofing are enough for about 2,800 square feet of roofing.

Metal roofing panels are installed over the underlayment. Hidden stainless steel nails and aluminum clips are used to secure each panel.

A poly/felt underlayment sheet is installed with special plastic washers and stainless steel nails.

A completed metal roofing with new flashing and decorative hip trim over the seam.

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69626/62517

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By Hannah McKenzie

Thinking of a new clothes dryer?

Q: What should I consider when replacing my clothes dryer? Is an Energy Star-certified clothes dryer an affordable and useful option?

A: Energy Star dryers are an excellent option. Dryers started earning Energy Star certification this January. To date, there are more than 60 Energy Star-certified dryers available ranging in price from $600 to $2,000. Not only are Energy Star clothes dryers an affordable investment that can save you money, they also decrease U.S. carbon emissions.

When paired with an Energy Star clothes washer, Energy Star dryers offer great benefits including:

Energy savings. They use at least 20 percent less energy than standard dryers when the Energy Star setting is used, which helps you save approximately $10 to $40 per year depending on the model and local utility rates. Low- and no-heat drying innovations make the average drying time lengthy—about 80 minutes—but they improve the savings. Moisture sensors stop the dryer once clothes are dry. If you can't afford a new clothes washer and dryer at once, priority should be given to buying an Energy Star clothes washer because it will provide greater long-term savings.

Clothes lifespan. Wear and tear is drastically reduced with lower drying temperatures and moisture sensors.

Savings by the pair. Buying a washer/dryer pair means that a full washer load will likely fit in the dryer, which minimizes the need for multiple dryer loads.

Narrowing the options

The average American family washes 300 loads of laundry per year, and dryers last an average of 12 to 16 years, so it's important to choose wisely.

Find out what dryers are available in your area. Since Energy Star-certified dryers are newly available, you might need to ask about dryers with an "Eco Option" and confirm Energy Star certification in the product literature.

Determine which dryers fit within your price range and energy preference. Consider good and bad reviews from owners and organizations like Consumer Reports. Consider local gas and electric rates and the estimated annual energy consumption to make an informed decision when deciding between a gas or electric dryer. Ventless electric dryers are an option if venting to the outdoors isn't practical. Heat pump dryers—which can save 20 percent to 60 percent more than standard dryers—are ventless and, though expensive, may be a good investment if energy costs are high. Consult the installation manual to ensure your laundry room is large enough for its air circulation needs.

Once you've narrowed down your choices, look at the Combined Energy Factor (CEF) which can be found at energystar.gov. The higher the number the better. For each whole number increase in an electric dryer's energy factor—for example from 3.5 to 4.5—you'll save between $10 and $20 each year.

Ask your electric cooperative or gas company if rebates are offered for high-efficiency clothes dryers.

Habits

Laundry habits can also make a long-term impact on cost savings.

Use the sun: Air drying your clothes outdoors is free!

Maintenance: Cleaning the dryer lint screen before each load improves air circulation and prevents fire hazards, a simple act that can save an average of $34 per year according to the U.S. Environmental Protection Agency.

Load size: Wash and dry full loads when possible. Overloading a dryer will prevent clothes from drying completely. Read the user's manual to ensure success.

Settings: Read the manual to find out which cycle is designated as the Energy Star cycle and use it.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

For more information: energystar.gov/products/certified-products/detail/clothes_dryers

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Citrus Spiced Roast Chicken

- 3 tablespoons orange marmalade
- 4½ teaspoons chopped chipotle peppers in adobo sauce
- 3 garlic cloves, minced
- ¾ teaspoons salt, divided
- ½ teaspoon ground cumin
- 1 broiler/fryer chicken (4 pounds)

Preheat oven to 350 degrees. Mix the marmalade, chipotle peppers, garlic, ½ teaspoon salt and cumin. With fingers carefully loosen skin from chicken; rub mixture under the skin.

Place the chicken on a rack in a shallow roasting pan, breast side up. Tuck wings under chicken; tie drumsticks together. Rub skin with remaining salt.

Roast 1 to 1¼ hours or until a thermometer inserted into thigh reads 180 degrees. Baste occasionally with pan drippings. (Cover loosely with foil if chicken browns too quickly.)

Remove chicken from oven; tent with foil. Let stand 15 minutes before carving. Remove and discard skin before serving. If desired, skim fat and thicken pan drippings for gravy. Serve with chicken.

Yield: 6 servings (4 ounces each)

Creamy Italian Potato Salad

- 3 pounds red potatoes, cubed
- ⅔ cup grated Parmesan cheese
- 1 cup (9 ounces) ricotta cheese
- 4 garlic cloves, minced
- ½ medium red onion, sliced in thin rings
- ½ cup olive oil
- 6 tablespoons cider vinegar
- Salt to taste
- Coarsely ground pepper
- ½ cup minced fresh parsley
- ½ teaspoon dried oregano

Cook potatoes in boiling, salted water until just tender. While potatoes cool, combine remaining ingredients except parsley and oregano. Drain potatoes. While potatoes are still hot, stir in cheese mixture. Cover and chill. Just before serving stir in parsley and oregano.

Yield: 10–12 servings

Garden Primavera Fettuccine

- 1 package (12 ounces) fettuccine
- 1 cup fresh cauliflowerets
- 1 cup fresh broccoli florets
- ½ cup julienned carrot
- 1 small sweet red pepper, julienned
- ½ small yellow summer squash, sliced
- ½ small zucchini, sliced
- 1 cup Alfredo sauce
- 1 teaspoon dried basil
- Shredded Parmesan cheese, optional

In a large saucepan, cook fettuccine according to package directions, adding vegetables during the last 4 minutes. Drain and return to the pan.

Add Alfredo sauce and basil; toss to coat. Cook over low heat for 1–2 minutes or until heated through. Sprinkle with cheese if desired.

Yield: 10 servings

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From Your Kitchen

Nannie's Chocolate Cake

- 2 cups granulated sugar
- 1 stick butter
- 4 large eggs
- 2 cups self-rising flour (I use White Lily)
- 1 cup milk
- 1 teaspoon vanilla

Beat sugar and butter until creamy, then add eggs one at a time. Add the flour and milk alternately, beating well. Add the vanilla and mix well.

Divide the batter into 10 8-inch pans, using approximately 2 large spoonfuls in each. Bake at 400 degrees about 7 minutes or until cake is tested done. Turn cake layers out on a clean cloth to cool. Number of cake layers will depend on amount of batter in each cake pan.

Frosting

- 2 cups sugar
- 1 stick butter
- ⅓ cup Hershey's Cocoa
- 1 cup milk
- 2 teaspoons vanilla

Mix above ingredients together, except the vanilla, and cook on medium heat for 10 minutes (don't boil), then turn to low and cook for 45–50 minutes, stirring frequently. Remove from heat and add vanilla. Frost each layer as you stack the cake using all the frosting. The frosting will thicken as it cools.

This recipe comes from Doris Smith of Ash, a member of Brunswick EMC

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